

Practitioner News
Nutritional Update November 2016

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Dear Colleague

Welcome to our November nutritional update for practitioners. The aim of this regular news update is to keep you up-to-date with research findings from the nutritional industry, launch of new products and special offers from Pure Bio Ltd, and to help keep you abreast of products available for your patients and when & how to use them.

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Featured Articles



[11 Foods to Lower Blood Sugar](#)

Diabetes is a major problem that affects almost 30 million people in the USA alone. Ten percent of these people are undiagnosed, living without the knowledge that they are affected with a metabolic disorder. The WHO estimates that 1.5 million deaths worldwide were attributed to diabetes in 2012. These numbers should be the cause of worry by everyone - not just people affected by or with a familial history of diabetes.

Aside from avoiding foods high in sugar, you can also add the 11 foods we have listed (together with links to the scientific reports) to lower your blood glucose levels

[INCREASED RISK OF BREAST CANCER AND HRT](#)

Hormone Replacement Therapy (HRT) with a combination of oestrogen and progestogen (although not HRT with oestrogen alone) increases the risk for breast cancer to a much greater extent than has previously been reported, and the longer the duration of use, the greater the risk, according to new research.

The study showed that current use of combined HRT increases the risk of breast cancer by up to threefold, depending on how long HRT has been used.



[Read more www.medscape.com](http://www.medscape.com)

There are natural alternatives to HRT and this month we focus on our top products (below) which help to alleviate the symptoms associated with the menopause.

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Product Focus



[Menopause Support Products](#)

A number of our products provide potential support for health and comfort during menopause. These include:

[Flax Seed Oil](#) - a highly concentrated source of lignans (shown to have oestrogen-like qualities), as well as important fatty acids and fibre

[Indole-3-Carbinol](#) - a powerful phytochemical found in cruciferous vegetables - provides breast and cervical cell support by activating detoxification enzymes, promoting healthy oestrogen balance and cellular metabolism, and scavenging free-radicals



[Adrenal](#) - supports the function of the adrenal glands, whose output is invariably up-regulated during menopause to counteract the effects of decreasing oestrogen levels

[EPA/DHA](#) - an ultra-pure and concentrated source of omega-3 fatty acids, which protects against joint pain, dry skin and vaginal dryness, all of which are associated with the menopause

[+Cal+](#) - containing the nutritional elements necessary to strengthen the skeletal system and resist the onset of osteoporosis. Ideal for long-term use, as the inclusion of all co-factors necessary for calcium metabolism avoids disruption of other metabolic pathways

[Vitamin E \(with mixed tocopherols\)](#) - providing synergistic support for the cardiovascular system and assisting in hormone breakdown. Also prescribed frequently to counteract vaginal dryness associated with menopause



HERBS

[Dong Quai tincture](#) - has an adaptogenic effect as an oestrogen modulator, so that it can provide oestrogenic effect if oestrogens are decreased, and can also block oestrogens at the receptor sites if they are relatively high



[Agnus Castus tincture](#) - impacts the production of pituitary hormones, resulting in a relative increase in progesterone and decrease in oestrogens. Particularly useful for the symptoms of perimenopause

[Licorice tincture](#) - appears to modulate oestrogen action in the same way as Dong Quai



[Panax Ginseng](#) - has oestrogenic effects on the vaginal lining, helping to relieve dryness and irritation

[Black Cohosh tincture](#) - a phytoestrogen-containing plant, commonly prescribed to counteract the depression associated with the menopause

[Wild Yam](#) - contains a substance that converts progesterone and cortisone

[Sage tincture](#) - is well-known and widely used for its ability to help relieve the symptoms of menopausal sweats and hot flashes via its oestrogenic effects



[Valerian & Passiflora](#) - both herbs are used to relax both mind and body and, therefore, aid sleep (although Sage is a better choice if sleep is disturbed only because of night sweats). Both can also be used to counteract the emotional stress associated with the menopause

To stimulate progesterone production:

Agnus Castus - Dong Quai - Lady's Mantle - Mugwort - Sarsaparilla - White Deadnettle - Wild Yam

To stimulate oestrogen production:

Black Cohosh - Blue Cohosh - Dong Quai - Licorice - Sage - Panax Ginseng

To inhibit oestrogen production:

Dong Quai - Licorice

To counteract water retention:

Celery - Fennel - Horse Chestnut - Meadowsweet - Parsley

As you are aware, Pure Bio strives to always give you the very best value for money without compromising on quality. To this end, we continually endeavour to keep our prices to the minimum wherever possible.

Our main supplier, Pure Encapsulations, imposes a price increase each year on 1 January across their range. Last year we took the decision to absorb this increase in order to minimise the impact on you. However, with the impact of adverse exchange rates on raw material costs and additional increased charges on import duty, we are now forced to increase our prices marginally from **1 January 2017 across the PE range.**

We wanted to give you ample notice of this price increase so as to allow you the opportunity to make bulk orders in advance, which we hope will help your planning and cash flow.

You will be pleased to know that our prices on all toiletries, practitioner aids, seminars and all other brand nutritional supplements remain unchanged 😊

We are aware that as a practitioner you have choices in the companies that you use for your nutritional supplements and wish to thank you for your custom and loyalty in choosing Pure Bio as your supplier. We really appreciate your continued support

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Christmas Opening Hours 2016

Friday, 23 December - Open 9am to 5pm
 Monday, 26 December - CLOSED
 Tuesday, 27 December - CLOSED
 Wednesday, 28 December - Open 9am to 5pm
 Thursday, 29 December - Open 9am to 5pm
 Friday, 30 December - Open 9am to 5pm
 Monday, 2 January - CLOSED
 Tuesday, 3 January - Open 9am to 5pm

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Gift Vouchers

Did you know that we sell [Gift Vouchers](#) which can be used against the purchase of any of our products - from supplements to soap to socks?

**The gift of health —
with the luxury of choice!**

Ground Floor
 44 Springfield Road
 HORSHAM
 West Sussex
 RH12 5PD
 Tel: 01403 730342
www.purebio.co.uk

The vouchers can be purchased in denominations of £5, £10 and £20 and are valid for one year

Order from the office 0044 (0)1403 730342 or visit our website [here](#)

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Forthcoming Seminars

TWO SEMINARS ANNOUNCED FROM PURE BIO for 2017

[1\) The Core Fundamentals of Applied Kinesiology](#)

A Two-Weekend accredited Course of foundational material approved by the International College of Applied Kinesiology—ICAK

When: **11/12th February and 11/12th March 2017**

Venue: GATWICK HILTON HOTEL, SOUTH TERMINAL, GATWICK AIRPORT

This course is an exciting new opportunity to learn the absolute fundamentals of Applied Kinesiology (AK), focusing on muscle testing skills and a handful of techniques that will allow you to integrate AK quickly and easily into your existing practice.

[To book click here](#)

(please note that these courses are only open to practitioners with a minimum 3 year undergraduate degree in a medically oriented profession e.g. medical doctor, dentist, chiropractor, osteopath, physiotherapist etc).

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[2\) Do You Understand Your Test Kit? A guideline on what to prescribe and when!](#)

Due to recurrent demand, **Tracy S Gates D.O., DIBAK** will be presenting her seminar on Understanding and Using all the products in your Pure Bio Test Kit, including recommended dosages

When: **8/9th April 2017**

Venue: GATWICK HILTON HOTEL, SOUTH TERMINAL, GATWICK AIRPORT

The weekend is specifically designed to help all practitioners using nutrition and herbal products in their practice.

Cost: £195.00 for the weekend, with **Early Bird discount options until 31 December 2016**

[To book click here](#)

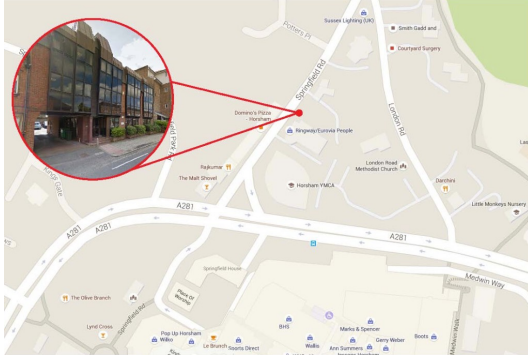
For further details on any seminar call us on 0044 (0)1403 730342 or email info@purebio.co.uk

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Quote of the Month

"The greatest of follies is to sacrifice health for any other kind of happiness"
Arthur Schopenhauer

How to find us



You can order from our [website](#) or make purchases in person. [Find us at:](#)

Ground Floor, 44 Springfield Road,
Horsham, West Sussex, RH12 2PD

Tel: 0044 (0)1403 730342

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